

# 2009 Durango Zone Work Capacity Test Schedule (PACK TEST)

## THREE CATAGORIES FOR THE WORK CAPACITY TEST REQUIREMENTS

1. ARDUOUS\* - PACK TEST, 3 MILE WALK WITH 45 LBS PACK WITHIN 45 MINUTES (Must have Medical Examination)
2. MODERATE - FIELD TEST, 2 MILE WALK WITH 25 LBS PACK WITHIN 30 MINUTES.
3. LIGHT - WALK TEST, 1 MILE WALK WITHIN 16 MINUTES.

**All medical exams and forms must be completed prior to taking pack test.**

DATES	TEST LOCATION ADDRESS	TEST LOCATION CITY	TEST COORDINATOR